



Sometimes, first aid isn't  
a **bandage**,  
or **CPR**,  
or the **Heimlich**,  
or calling **911**.

Sometimes, first aid is **YOU!**

Someone you know could be experiencing a mental illness or crisis. You can help them.

You are more likely to encounter someone experiencing a mental health crisis than someone having a heart attack. **Mental Health First Aid** teaches you about common warning signs and risk factors for mental health problems and provides a five-step action plan and resources for helping someone in crisis. Whether you are a first responder, teacher, faith community leader, human resources professional, parent, employer, coworker, or caring community member, this 12-hour certification course has information everyone can use.

Sometimes, the best first aid is you.

*Take the course, save a life, strengthen your community.*

Mental Health First Aid Course – 12-hour course, open to the public.

Cost: \$25

[Register online for a course](#). If you have questions or need more information, contact Erika Gilliam:

703-383-8430 (TTY 711) or [Erika.Gilliam@fairfaxcounty.gov](mailto:Erika.Gilliam@fairfaxcounty.gov).



**ALGEE, the Mental Health First Aid Action Plan**

- A**ssess for risk of suicide or harm
- L**isten nonjudgmentally
- G**ive reassurance and information
- E**ncourage appropriate professional help
- E**ncourage self-help and other support strategies



Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. To request this information in an alternate format, call 703-324-7000, TTY 711.